

Communication 3: Taking “NO” for an Answer

Grades 7 and 8, Lesson #18

Time Needed:

One class period or less

Student Learning Objectives:

If an assertive request is rejected, to be able to...

1. Ask for something appropriate.
2. Gracefully accept the rejection.
3. Recognize that persisting after two “no’s” is aggression.

Agenda:

1. Use the *Taking No For An Answer Reference Sheet* to relate the four communication styles to handling rejection.
2. Use *Communication Transparency 1* to remind class of the four steps in an assertive request.
3. Play the Rejection Game.
4. Assign homework.

Material Needed:

Classroom Materials: (1 per class)

- Rejection Game Cards
- *Communication Transparency 1*

Student Materials: (1 per student)

- *Taking No For An Answer Reference Sheet*
- *Family Homework Exercise: Communication 3*
- *Communication Worksheet 4*

Student Materials: (2 per student)

- *Communication Worksheet 3* (Two copies needed, in order to complete the *Family Homework Exercise*. One is for the student to complete; one, for the parent, guardian or other trusted adult)

Activities

1. **Hand out the “Taking No For An Answer” Reference Sheet.** Read a paragraph aloud and then stop and ask the class to think of examples. Then read another and ask for examples. And so on.
2. **Use Communication Transparency 1** to remind them of all four steps in assertively asking. Explain that yesterday’s class focused on steps A and B; today’s will focus on steps C and D.
3. **Play The Rejection Game.** You will have made 32 “rejection game cards” (eight single sided photocopies of one page, each cut into four parts, so that you have 32 identical slips of paper). You will also have 32 completed “asking game cards” from yesterday.

Shuffle yesterday’s 32 game cards (which have been filled in already) and give each person one. They won’t necessarily receive the same ones they wrote and role played yesterday. Next give each person a rejection game card. They should use the same situations and fill in steps C and D. For example: suppose they get a card that says:

(Asking game card)

1.	You’re at a party with someone you like. You want to hold hands, but every time you reach over, they seem to move their hand a fraction of an inch away.
A	State a fact or a feeling: <i>You once said you liked me.</i> _____ _____
B	Ask straight for what you want: <i>I wish you would hold my hand.</i> _____ _____

They might fill in today's card like this:

(Rejection game card)

	The person says "No," or "I don't want to," or "No, sorry," or "No, thanks."
C)	Ask for your second choice: <i>Well, what about going for a walk?</i>

D)	If you get another "no," accept it gracefully. <i>OK, thanks anyway.</i>

As you did yesterday, you have two options:

- Have students read and role play their own slips.
- Gather them and read and role play them yourself.

Homework

Students' options ...

- **Family Homework Exercise: Communication 3** (Students will also need to take home **two** copies of **Communication Worksheet 3** to complete this assignment.)
- **Communication Worksheet 4** (Students will also need to take home one copy of the **Asking Honestly for What You Want Reference Sheet** and the **Taking "No" for an Answer Reference Sheet** in order to complete this assignment.)

Taking “NO” For An Answer

Reference Sheet

Name _____

Getting rejected is a drag. Nobody likes to be turned down.

1. Some people react by getting **aggressive**. They try to strike back at the person who hurt them, or they make pests out of themselves, pushing over and over again to get the person to “give in.”
2. Other people get **manipulative** when someone rejects them. They try to make the person jealous, or they act pitiful and put themselves down to get the person to feel sorry for them and change his or her mind.
3. Still other people get **passive** when they get turned down. On the first little sign of rejection, they turn tail and run away to protect themselves. Then they wallow in hurt, putting themselves down in private.
4. It is possible to handle a rejection **assertively!**
You ask for your second choice from the person. And if that doesn't work, you accept it... without having to put yourself or the other person down. You don't get hostile, and you don't tell yourself you're no good. You realize that you can't always have what you want.

The four steps:

A) State a fact or a feeling.

(For examples, see the **Asking Honestly Reference Sheet**.)

B) Ask straight for what you want.

C) If you get a “no,” ask for your second choice.

Well, would you consider _____?

Well, could I _____?

How about _____?

Well, what about _____?

If you don't want _____, how about _____ instead?

OK, could we _____ instead?

Taking “NO” For An Answer Reference Sheet, continued ...

D) If you get another “no”, accept it gracefully.

OK.

Alright.

Oh, I understand.

OK, you must feel _____

OK, maybe another time.

OK, thanks anyway.

Alright, I hear you.

Oh well, you can't say I didn't try.

Oh well, I'll live.

REMEMBER, if you don't ask, you'll never get what you want. You can't expect people to read your mind.

BUT REMEMBER, TOO, if the person has to say “no” to you more than twice, you're being aggressive, even if they use other words (“I don't want to.” “Cut it out.” “I don't feel like it.”)

Communication Transparency 1

Asking Honestly For What You Want

- A) State a fact or a feeling.
- B) Ask straight for what you want.

Taking “NO” For An Answer

If you get a “NO”...

- C) Ask for your second choice.

If you still get a “NO”...

- D) Accept it gracefully.

The person says “No,” or “I don’t want to,” or “No, sorry,” or “No, thanks.”

C) Ask for your second choice:

D) If you get another “No,” accept it gracefully:

The person says “No,” or “I don’t want to,” or “No, sorry,” or “No, thanks.”

C) Ask for your second choice:

D) If you get another “No,” accept it gracefully:

Rejection Game Cards

The person says “No,” or “I don’t want to,” or “No, sorry,” or “No, thanks.”

C) Ask for your second choice:

D) If you get another “No,” accept it gracefully:

The person says “No,” or “I don’t want to,” or “No, sorry,” or “No, thanks.”

C) Ask for your second choice:

D) If you get another “No,” accept it gracefully:

A Family Homework Exercise: Communication 3

ALL FAMILY HOMEWORK EXERCISES ARE OPTIONAL.

First read this aloud together:

Every culture and every family believes differently about what kinds of communication are OK between the sexes. How should men and women show each other what they want and how they feel?

Now is a good time to think about what you believe and to find out what others in your family believe.

Now: Each of you privately fill out Communication Worksheet 3.

Finally: Share and talk about your worksheets. Discuss these things: Did you generally agree with one another? Were there areas of disagreement? Have you always believed what you do today? Have you had experiences that taught you to believe as you do?

NOTE: Turn in a Family Homework Confirmation Slip by _____ if you want credit.

Communication Worksheet 3

Check all the statements you agree with. You can check more than one in each set.

1. a. _____ A real man knows what he wants, makes it clear to his girlfriend or wife, and doesn't take "no" for an answer. It's unfortunate if she doesn't like it, but he's the boss. When he wants to touch, for example, he touches.
 - b. _____ A real man knows what he wants, but he doesn't demand it; that's not masculine. He can get it in subtle ways, by telling little "white lies" or by making his girlfriend or wife happy so she'll want to go along with him. When he wants to touch, he can usually get her to ask for it.
 - c. _____ A real man lets his girlfriend or wife make the big decisions. His job is to support her decisions and it's unfortunate if he doesn't agree, but she's the boss. When he wants touch, he hopes she'll ask for it.
 - d. _____ A real man doesn't need to prove his manliness by being more powerful than his wife or girlfriend. He makes decisions, but he also respects her decisions. When he wants touching for example, he asks for it. If she says "no," he backs off. They touch when both of them choose to.
2. a. _____ A real woman knows what she wants, makes it clear to her boyfriend or husband, and doesn't take "no" for an answer. It's unfortunate if he doesn't like it, but she's the boss. When she wants touch, for example, she touches.
 - b. _____ A real woman knows what she wants, but she doesn't demand it; that's not feminine. She can get it in subtle ways, by telling "white lies" or by making her husband or boyfriend happy so he'll want to go along with her. When she wants touch she can usually get him to ask for it.
 - c. _____ A real woman lets her boyfriend or husband make the big decisions. Her job is to support his decisions and it's unfortunate if she doesn't agree, but he's the boss. When she wants touch, she hopes he'll ask for it.
 - d. _____ A real woman doesn't need to prove her femininity by being less powerful than her boyfriend or husband. She makes decisions, but she also respects his decisions. When she wants touch, for example, she asks for it. If he says "no," she backs off. They touch when both of them choose to.

Communication Worksheet 3, continued ...

3. a. _____ If another man talks to a real man's sweetheart, the real man will beat him up ... or maybe beat up his sweetheart.
- b. _____ If another man talks to a real man's sweetheart, the real man will do something to try to make his sweetheart jealous ... so they won't break up.
- c. _____ If another man talks to a real man's sweetheart, the real man will ignore it. He shouldn't feel jealous, and his feelings aren't important anyway.
- d. _____ If another man talks to a real man's sweetheart, and he feels jealous, he'll tell his sweetheart. He'll ask for attention if he needs it.
4. a. _____ If another woman talks to a real woman's sweetheart, the real woman will beat her up ... or maybe beat up her sweetheart.
- b. _____ If another woman talks to a real woman's sweetheart, the real woman will do something to try to make her sweetheart jealous ... so they won't break up.
- c. _____ If another woman talks to a real woman's sweetheart, the real woman will ignore it. She shouldn't feel jealous and her feelings aren't important anyway.
- d. _____ If another woman talks to a real woman's sweetheart, and she feels jealous, she'll tell her sweetheart. She'll ask for attention if she needs it.

For questions 1 and 3 –

If you marked (a), you believe a real man is aggressive.
If you marked (b), you believe a real man is manipulative.
If you marked (c), you believe a real man is passive.
If you marked (d), you believe a real man is assertive.

Which kind of boy or man would you choose for a friend? _____

Communication Worksheet 3, continued ...

For questions 2 and 4 –

If you marked (a), you believe a real woman is aggressive.

If you marked (b), you believe a real woman is manipulative.

If you marked (c), you believe a real woman is passive.

If you marked (d), you believe a real woman is assertive.

Which kind of girl or woman would you choose a friend?

Which kind of person would you choose for a sweetheart?

NOTE:

DO NOT TURN IN THIS WORKSHEET, YOUR OPINONS ARE YOUR OWN PRIVATE BUSINESS. Just use it to do ***A Family Homework Exercise: Communication 3.***

Communication Worksheet 4

Name _____ Due date _____

1. Get out the “Asking Honestly For What You Want Reference Sheet” and the “Taking No For An Answer Reference Sheet.” You may want to use them. Now, think of something you might want from another person or might like to offer another person. Your situation can be completely imaginary.

2. Situation: _____

3. a. You state a fact or a feeling: _____

b. And ask straight for what you want: _____

4. Their response: _____

5. Have they said, “OK”? _____ If not, keep going.

6. You ask for your second choice: _____

7. Their response: _____

8. Have they said, “OK”? _____ If not, keep going.

9. You accept it gracefully: _____
